

Bedtime Story For the Little Ones

Uncle Wiggly and the Elder Bush.

By HOWARD B. GARTS.

"WHAT are you going to have for dinner today?" asked Uncle Wiggly Longears, the rabbit gentleman, of Nurse Jane Fuzzy Wuzzy, his muskrat lady housekeeper, one morning, as he rose from the breakfast table.

"My goodness me sakes alive, and some lollypop ice cream cones!" cried Nurse Jane. "You are talking about dinner, and here it is only just after breakfast!"

"Well," said Uncle Wiggly, "I like to know, ahead of time, what I am going to eat, and then I can be thinking about it."

"So?" laughed Nurse Jane. "One thing you can be thinking about is elderberry pie. If you will get me some berries off the elder bush I'll make a pie."

"Good!" cried the bunny uncle. "I'll do it. If there is one thing more than another that I love it is elderberry pie. I'll go off to the woods at once and gather some. Oh, me! Oh, my! Elderberry pie!"

And, doing a little hop, skip and a jump, with his red, white and blue striped barber pole rheumatism crutch, Nurse Jane had hurried for him out of a cornstalk, Uncle Wiggly went elderberrying.

An elder bush is one that has big clusters of white flowers on it, and after while the flowers turn into black colored berries. Uncle Wiggly soon found an elder bush, which very kindly said the bunny gentleman might pick as many berries as he wanted for a pie.

"And you can break off some of my branches, or stalks, if you like, too," went on the bush.

"Thank you," answered the bunny uncle, politely, "but I think I have no use for any of your branches. Are they good for anything special, besides bearing green leaves, flowers and berries?"

"Oh, yes, indeed," answered the elder bush. "My stalks are filled with a soft, pith, or white stuff, just like inside a cornstalk, and when you push this pith out with a stick, it makes a hollow tube, like a macaroni stick, or a putty blower."

"A hollow stick, eh?" exclaimed Uncle Wiggly. "That is a good thing to know."

As the bunny uncle did not just then, need a hollow stick, he did not take any. But he picked up the stalks of elderberries, which Nurse Jane made into a lovely pie. If you will excuse me I will not write any more about the elderberry pie, for it makes me so hungry to think of it that I feel just like leaving my typewriter to skip rope or play marbles while I go out, myself, after elderberries as I did when I was a boy.

"That is certainly very fine pie," said Uncle Wiggly, "but I don't mind if I should like to take some over to Grandfather Goosey Gander."

"Go on by by," said Nurse Jane, so she put a piece of the elderberry pie in a dish, and Uncle Wiggly took it over to his goose gentleman friend.

Uncle Wiggly had a nice time at Grandpa Goosey Gander's house, and that night, on his way home, the bunny uncle passed the hollow tree where Johnnie and Billie Bushytail, the squirrel boys, lived. And I do speak in languages: French, English, German, Danish, Portuguese and Russian. If you should have anything special, please write to me, your kind friend, JOSEPH SCHICATA.

"Why, what is the matter?" asked Uncle Wiggly, kindly. "May I not have the pleasure of helping you?"

"I wish you could," said the squirrel boys both. "But you know, Johnnie and Billie both have the measles. They are almost well now, but they are not yet ready to play with us. Just now they want popguns, but it is so late all the stores are closed and I don't know how in the world to get the popguns for them."

"Hail me think a moment!" cried Uncle Wiggly.

The bunny uncle thought for a little while, and then he said:

"I think I can get popguns for the boys."

"How can you, when the stores are closed?" asked Mrs. Bushytail.

"Easily," answered Uncle Wiggly. "A popgun is only a hollow stick, with a cork in one end. In the other end you push another stick, and it squeezes the air inside like a spring, until the cork pops out the cork. Now you have some cork in the tree house, I know, and I can easily whittle out a round stick."

"If what you just ate is souring on your stomach or lies like a lump or lead, refusing to digest, or you belch gas and eructate sour, undigested food, or have a feeling of tightness, heart burn, fullness, nausea, bad taste in mouth and stomach headache, you can surely get relief in five minutes."

Ask your pharmacist to show you the formula, plainly printed on these fifty cent cases of Pape's Diapepsin, then you will understand why dyspeptic troubles of all kinds must go, and why it relieves sour, out-of-order stomach or indigestion in five minutes. "Pape's Diapepsin" is harmless, tastes like candy, though each dose will digest and prepare for assimilation into the blood all the food you eat; besides, it makes you go to the table with a healthy appetite; but what will please you most, is that you will feel that your stomach and intestines are clean and fresh, and you will not need to resort to laxatives or liver pills for biliousness or constipation.

This city will have many "Pape's Diapepsin" cranks, as some people will call them, but you will be enthusiastic about this splendid stomach preparation, too. If you ever take it for indigestion, gases, heartburn, sourness, dyspepsia, or any stomach misery. Get some now, this minute, and rid yourself of stomach misery and indigestion in five minutes.—Adv.

MISS KELLERMANN TEACHES THE UNDER-ARM SIDE STROKE

But First She Explains To The El Paso Herald Class the Very Essential Leg Movements.

Article No. 10.

By ANNETTE KELLERMANN

International Record Holder and Star of the William Fox \$1,000,000 Film "A Daughter of the Gods."

BEFORE teaching you the movements of the arms in the single under-arm or side-stroke, I want you to become acquainted with the leg movement. Now that we are taking up the other strokes I want you to use the same care and patience you did learning the breast stroke. As I am teaching you to swim GRACEFULLY I want to feel certain that your progress is doubly certain as to correct movement.

The single under-arm stroke is very pretty and when you have mastered it I will teach you the single OVER-ARM stroke which in a way is the most graceful of all strokes a swimmer can use.

As the leg movement of these strokes is so all important and in a way the success of this will enable you to become a good swimmer, I will start at once with the LEG MOVEMENT.

A small bench about two feet long or a like article to rest on must first be secured. Place a cushion so that it will provide a soft resting place for you as you lie on the bench.

Now lie down on the bench leaning a little on your right side. DO NOT UNDER ANY CIRCUMSTANCES lie on the LEFT SIDE.

DON'T FORGET THIS. Now place both hands behind you so that they rest on the small of your back. Interlock them, and rest them right at the base of the spinal column. Keep your legs STRAIGHT OUT and TOGETHER.

Now bring them up the LEFT LEG ON TOP. HEELS TOGETHER, the ball of the left heel resting in a position a fraction of an inch behind the heel of the right foot.

Draw up the legs. KEEP THE KNEES TOGETHER. UP AS FAR AS YOU CAN DRAW THEM. THEN KICK OUT QUICKLY. THIS ACTION IS LIKE THE BLADES OF SCISSORS. Then bring the legs together again. DO NOT KICK OUT. REMAIN IN THE POSITION FROM WHICH YOU STARTED THEM. BE SURE OF THIS. YOUR LEFT LEG MUST KICK OUT WHILE THE

RIGHT LEG KICKS BACK. DO THIS JUST AT I HAVE SAID.

Now I wish to teach you the arm movement of this stroke.

Assume the same position as in the leg movement. Now bring the right arm up under your side with the palm

of the hand in the same position as the start of the breast stroke. After you have done this bring the left hand alongside the right and place it in line with the left hand.

KEEP YOUR ELBOWS CLOSE TO THE BODY. Your hands are now in the same position you take at the start of the breast stroke. EXCEPT that you are lying on your right side. FORGET THE LEGS FOR A FEW MINUTES.

The first movement: Shoot out the right hand, STRAIGHT OUT, as far ahead as you can keep it in a direct line with the head. Now move the LEFT hand, using the palm of the hand as a spoon DOWN along the side of the body until it rests on the thigh of the left leg. KEEP THE HAND CLOSE TO THE BODY WHILE EXERCISING THIS MOVEMENT.

NOW BRING THEM BOTH TOGETHER. DO THE MOVEMENT SIMULTANEOUSLY. THE WAY I HAVE JUST SHOWN YOU.

Remember the left hand is to pull you forward, so be sure the palm presses with full force against the water. Now the right hand must be pressed downward until it reaches the HIP, just enough to aid your forward movement. With the combined movements of the arms moving in perfect accord, you will be surprised what speed you can attain.

Now combine the movements of the legs and arms. When the hands meet and start the legs are brought up at the same time and with the shooting out of the arms and their downward movement SIMULTANEOUSLY kick out so that when the left arm reaches the thighs the leg movement will have been completed and as the arms return the feet are snapped together and prepared for the repeat movement.

ONCE AGAIN, REMEMBER IS THIS: WHEN THE LEFT ARM IS COMING DOWN, THE RIGHT SHOULD BE KICKING OUT. When you have become thoroughly accustomed to this movement, enter the water. INSTEAD OF KEEPING YOUR HEAD OUT OF THE WATER, LET IT REST WELL IN THE WATER. Assume the same position you would if lying on a bed with your head resting on a pillow. Remain on the right side with the back of the head well immersed in the water.

Tomorrow: The Single Over-Arm Stroke. This is one of the most beautiful strokes in swimming. When properly handled, Miss Kellermann will tell you how to achieve this gracefully.

ANNETTE KELLERMANN.

NEWS NOTES OF THE METROPOLITAN

HELEN BRAY, of the Triangles, Keystone forces, is a St. Louis girl. Very early in life she lost her parents and was brought up in a convent school, finishing her education at Mount St. Joseph college.

It being necessary eventually for her to earn her living, Miss Bray decided that she preferred picture acting as a livelihood, and went after a job. She got it, and has been a film actress for the past four years.

Miss Bray is a decided brunette, of medium height and weight, is not married, and has a Persian kitten. Her favorite pastime is horseback riding. She plays the piano and declares her chief interests in life, apart from her studio work, are reading, sewing and keeping her home as she likes it.

ISN'T IT ODD? WHAT? STUART HOLMES' SUIT!

"It's my own invention, too," Stuart Holmes will quote "Alice in Wonderland" at you, if you stop to admire the new raiment which will adorn the newest William Fox picture in which he appears. And in this photo play, by the way, Stuart Holmes hides his villainy under the cloak of a war correspondent. The most distinctive feature about the latest acquisition of the Holmes wardrobe is, perhaps, the pockets. They occur in the most unexpected places and at the most unexpected angles. The Fox villain admits he designed the garment in his odd moments.

One unkind friend said it must have been in his oddest moments.

Carol Holloway, formerly leading woman in the Beauty Brand of pictures made at the American studio at Santa Barbara, is considering an offer to return to the musical comedy stage. Miss Holloway is exceptionally pretty, possessed of a lovely voice and has had the leading role in a number of the biggest musical productions in New York. At present she is enjoying a several weeks' rest in Los Angeles.

Frank Campeau, who enacted the remarkable characterization of "Trampas" in the original stage production of "The Virginian," starring Dustin Farnum, is to appear in the Selig feature, "The Lights of Western Stars."

Richard Stanton is ill and physicians say it will be probably a couple of months before he can resume work again. We're sorry.

from the publicity department of the World Film corporation and reads as follows:

"World Film may announce Norma Talmadge in the near future."

Up to the present the beautiful and talented Norma has given no intimation that she intends quitting Tri-
angle.

Richard Stanton is ill and physicians say it will be probably a couple of months before he can resume work again. We're sorry.

Beauty Chats - By Edna Kent Forbes

We Reform Jane

JANE JONES was a homely child. Receding chin, receding forehead, snub nose, bad skin, skinny body, prominent teeth. Squint-eyed, too. Surely hopeless to look at, but as bright a youngster as ever lived. Only this

put under a private teacher, whose gentle, sweet personality won Jane to a certain modulation of voice and charm of manner that greatly improved her. At the same time a man who, far ahead of his fellows, knew orthodontia, took charge of her mouth and straightened the teeth and incidentally brought the chin out so it seemed not to be receding. Jane took more interest in her studies after that, for the shape of the jaw had helped keep blood from the brain. And she became less anemic.

With improved health, with a mother who watched constantly to see that her diet and exercise were right, her skin cleared and she grew to have a baby-like rosy complexion. Massage and tonics did wonders for her hair. And a style of dressing it that brought it over the forehead hid the peculiar shape of that.

But the nose—it seemed hopeless. I suggested neoplasme. This is paraffin and white petrolatum injected under the skin of the nose with a syringe, until the place has been built out to its correct proportion. It should never be attempted except by an expert in neoplastic surgery.

So we re-made Jane. Today she is extremely pretty. She has health due to proper care and food, and from this she has a lovely body and a fine skin, and bright eyes. She dresses well—that helps. Features have been made in proportion, and her manner is charming indeed. Jane at eighteen is a belle—any girl can do as much, even without an uncle's fortune. And any mother can do as much as this for her daughters. Health and beauty are such great assets in this modern day.

Questions and Answers
What are the best vegetables for a reduction diet?
Reply—Spinach, lettuce, beans, cauliflower, artichokes, oyster plants, tomatoes, radishes, most of the more "watery" varieties. The idea is to avoid starch is bulk.

Copyright by George Matthew Adams

--- HOROSCOPE ---

Thursday, September 7, 1916.

GOOD and evil balance today, according to astrology, for while the sun is in benefic aspect, Mercury is adverse.

It is a time most advantageous for all who solicit favors from persons in high place or in positions of authority. Those who seek popularity or desire to procure employment should benefit.

There is a sign read as forecasting personalities of every sort in the public prints. Libel suits and bitter recriminations are indicated.

The rule is favorable for persons in government office and for political candidates who bespeak support. The sun is held to encourage success through oratory, personality and ambition.

It is an auspicious day for publicity, especially for advance notices of every sort.

The giving of presents or the bestowal of favors should be particularly lucky today.

While the planets favor advertising,

writers should be cautious where money is concerned as contracts or bargains made under this configuration may not be profitable.

The unfavorable away of Mercury is believed to increase petty worries and to encourage over-anxiety.

Disturbances of the stomach or digestive tract are likely to be common while this configuration prevails.

The theaters come under a government of the stars with presages return to the romantic drama and the presentation of intellectual plays.

Foreign celebrities and distinguished citizens may be much exploited during the coming social season, as the planets indicate success breeding envy and jealousy.

Children born on this day have the augury of progress and happiness from the beginning to the end of life. These subjects of Virgo are usually thoughtful, serious and trustworthy.—Copyright, 1916, by the McClure Newspaper Syndicate.

Today's Daintiest Dish

BY CONSTANCE CLARKE.

CHICKEN AND ASPIC JELLY.

SPIC JELLY is not hard to make, and yet, in the average household, it is almost an unknown dainty. The ingredients required in making it are not expensive; in fact, it is an actual economy. Combined with aspic, many small portions of everyday food may be delightfully utilized in the most savory of dishes.

Chicken and aspic are most delicious. Take two cups of finely chopped, cold, cooked chicken (spiced) and one chicken.

Judge George Gray, the distinguished Delaware jurist who was a dominant factor in settling the Pennsylvania coal strike, and who later served in the United States senate, has been appointed a member of the American-Mexican commission to settle the border difficulties.

There's sickness for your baby in old milk—there's trouble for you in sour milk. Summer complaint comes nearly always from raw cow's milk—and summer complaint carries off more babies than any other cause.

There are only two ways to keep your baby safe and well this summer. One is to nurse him yourself. Your milk can't sour or spoil or carry germs. The second way is to give him

Nestlé's Food

(A Complete Food—Not a Milk Modifier)

Nestlé's is safe, because you add only water and it is ready.

Where one mother used Nestlé's seven years ago five use it today.

As the "Better Babies" movement grows, so also grows the use of Nestlé's.

Nestlé's is the milk of healthy cows in clean dairies. The parts too heavy for your baby are most fed—those things your baby needs that are not in cow's milk are added. Reduced to a powder, packed in air-tight cans, no germ or sickness can get near it. You

add only fresh water, and you may know that you are giving your baby health and strength in each bottle of Nestlé's Food.

Send the coupon for a FREE Trial Package of 12 feedings and a book about babies by specialists.

NESTLÉ'S FOOD COMPANY

Please send me FREE your book and trial package.

Name.....

Address.....

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WE ARE DANGEROUS PESTS

We destroy annually millions of dollars worth of property and spread many of the dreaded diseases. We are parasites and pests on the property of the world. We are a menace to society and serve no useful purpose, and are a constant annoyance to the household.

OUR DOOM IS SPEEDY AND CERTAIN WHERE

Stearns' Electric Rat and Roach Paste

The National Exterminator is used as it has been for over 37 years. Ready for use. Directions in 15 languages.

U. S. GOVERNMENT BUILS IT.

STEARNS' ELECTRIC PASTE CO., CHICAGO, ILL.

SCHOOL DAYS

By DWIG

GOOD BOSS! THE SCHOOL BELL!

THE MEANEST MAN IN THE WORLD—THE JANITOR, WHEN HE RINGS THE SCHOOL BELL DURING VACATION. JUST TO SEE IF ITS IN GOOD WORKING ORDER..

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